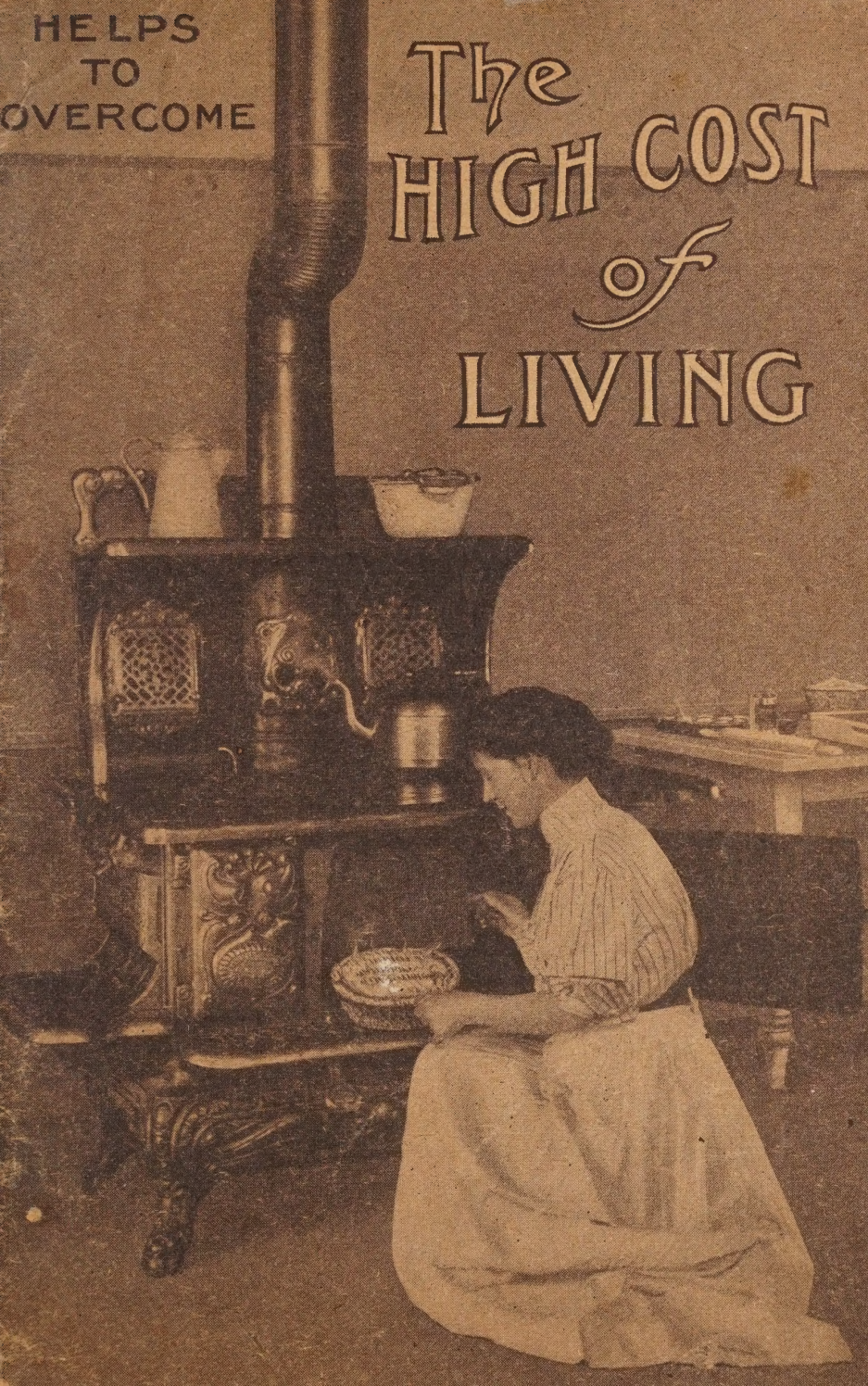


HELPS
TO
OVERCOME

The HIGH COST *of* LIVING



To Our Readers



With the present high cost of living, when economy is not only advisable, but sometimes an absolute necessity, it is often difficult for the housekeeper of moderate income to provide meals which are varied and "tasty" and at the same time within her means.

The making up of new dishes from "left-overs" is one way in which the housekeeper can solve this problem. We have, therefore, compiled this book of suggestions, which we hope will enable her to put before her family a variety of appetizing dishes at minimum cost.

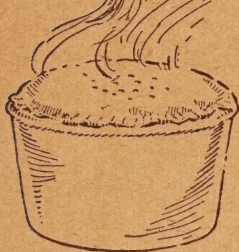
The good housekeeper does not, however, limit her study of economy to the culinary department. She practises it in every department of her household, including the buying of medicines for her family. That explains why the best housekeepers to-day, when in need of a good Skin Healer, always buy Zam-Buk—because it goes farthest, lasts longest, keeps best, and is most reliable.

If there are any persons who have not yet tried this Herbal Balm, we invite them to avail themselves of our Free Trial Offer on page 32 of this little book, which we present with the Compliments of

C. E. FULFORD, LIMITED,
TORONTO.

New Dishes from Old

4520



The economical housewife utilizes all left-overs, and in this way is able to prepare at small cost a great variety of appetizing fish, meat and vegetable dishes, as well as desserts. To assist her in doing so, we offer the following suggestions.

FISH.

FISH PIE.

Cold fish.

Fish sauce or melted butter.

Pull the fish into small pieces and remove skin and bones. Take equal quantities of fish and mashed potatoes. Place a layer of potato in a greased baking dish, then a layer of fish, add sauce or butter, and seasoning, and so on till the dish is filled, potatoes should be on the top. Mark it with a fork and bake $\frac{1}{2}$ hour. It is better to make this pie when the fish and potatoes are hot.

Mashed potatoes.

Seasoning.

CURRY OF FISH.

$\frac{3}{4}$ of a cooked fish.

$\frac{1}{2}$ pt. stock.

1 tablespoon curry powder.

1 oz. butter.

1 tablespoonful flour.

2 onions.

1 apple.

1 teacupful milk.

Lemon juice.

Seasoning.

Peel the onions and apple, mince them fine, put in a pan with the butter, fry a nice brown, add the flour, curry powder, salt and pepper. Mix thoroughly. Gradually add the stock, let it boil up, then simmer $\frac{1}{4}$ hour. Pulp it through a sieve, return to the fire and add the milk, then add the fish in pieces. Let simmer $\frac{1}{2}$ hour, squeeze in the juice of half a lemon. Serve with boiled rice.

Tinned fish also make good curries.

SALMON SOUFFLE.

2 oz. salmon.

1 oz. butter.

$\frac{3}{4}$ pt. milk.

1 egg.

$\frac{1}{2}$ oz. flour.

1 teaspoon ketchup.

Salt.

Pepper.

Make a sauce with the butter, flour, and milk, stir till it thickens, add the ketchup and yolk of the egg. Rub the salmon through a sieve, add seasoning, then add to the sauce. Last of all stir in the white of an egg beaten stiff. Grease a mould, turn in the mixture, and bake in a quick oven.

HALIBUT SALAD.

Cold cooked halibut.

Vinegar.

Lettuce leaves.

Mayonnaise dressing.

Break the halibut (or any fish) into convenient pieces; set in vinegar and put aside for an hour. Arrange on crisp lettuce leaves and serve with mayonnaise dressing.

FISH PASTRY.

Make a short crust; line a baking dish, put pieces of filleted cold fish, a very thin layer of veal stuffing and a good thick gravy. Cover with crust. Bake in a moderate oven.

FISH PUDDING.

Any cold fish.

$\frac{3}{4}$ lb. breadcrumbs.

A little gravy.

2 eggs.

$\frac{1}{4}$ lb. chopped suet.

Salt, pepper.

1 onion, parsley minced.

Mix thoroughly the above ingredients. Beat up the eggs, and add to the mixture. Press all into a mould and steam for $2\frac{1}{2}$ hours.

Zam-Buk will save you money. See page 15.

Recipes—Continued from Page 1.

FISH BATTER.

Any cold fish.

$\frac{1}{4}$ lb. flour.

$\frac{1}{4}$ pt. tepid water.

1 tablespoon salad oil.

2 eggs.

Make a batter by mixing the flour, oil, and water till smooth; add to this the whites of the eggs beaten to a stiff froth. Make this some time before it is wanted, and beat it quickly from time to time. Dip the fish into it, and fry in boiling fat until it is nicely browned.

This batter is very superior to ordinary batter, and is equally good for meat or fruit.

FISH CAKE.

Remains of cold fish,

A little chopped parsley.

Seasoning.

Mashed potatoes.

A few breadcrumbs.

Anchovy sauce.

Work the above materials together until no lumps remain. Make into flat cakes and fry until nicely browned. Make a sauce with a little butter, salt, a squeeze of a lemon, and a small cup of milk thickened with flour. Pour this over the fish cakes, and serve very hot.

FISH CUSTARD.

Any cold fish.

1 dessertspoon flour.

A little butter.

Seasoning.

1 cup milk.

1 beaten egg.

Remove the bones and skin from the cold fish; lay it in small pieces in the bottom of a baking dish with the seasoning. Mix the flour and milk till smooth; add the egg and butter. Pour over the fish and bake $\frac{1}{2}$ hour or so in a moderate oven.

FISH MOULD.

Any cold fish.

Seasoning.

Cold potatoes.

Butter.

Weigh the fish, then take half its weight of potatoes; mash potatoes through a sieve and mix with fish, which should be cut in very small pieces. Add butter and seasoning. Butter a mould, press the mixture into it and bake for 1 hour in a hot oven with the mould covered over. Turn out on a hot dish and sprinkle thickly with chopped parsley.

FISH RICE.

Any cold fish.

1 cup rice.

Tomatoes.

1 quart stock.

Onions.

Seasoning.

Cook the rice in the stock till tender (the stock may consist of the liquor in which cod or any other fish has been boiled). Fry a few onions and tomatoes till tender, then add to the rice. Then add the fish, freed from bone, and serve very hot.

STEWED FISH.

Any cold fish.

1 lb. onions.

Flour.

1 doz. tomatoes.

Seasoning.

Stock.

Fry the onions and tomatoes, when ready, place the fish in the pan; add some stock thickened with flour, then seasoning. Heat all thoroughly, and serve.

FISH SCALLOPED.

Any cold fish.

2 oz. butter.

Breadcrumbs.

$\frac{1}{2}$ pt. milk.

Seasoning.

Anchovy sauce.

Carefully remove all skin and bones from the fish, and break it in small pieces with two silver forks (steel ones will injure the flavor); mix in the milk and butter; add breadcrumbs to thicken it, then salt, pepper. When all is well mixed, take some scallop-shells or saucers, butter them well, and put in the mixture. Scoop a little hollow in the centre and put in a very small quantity of anchovy sauce. Dust over with very fine breadcrumbs, and drop some tiny bits of butter over. Bake in a moderate oven, and serve very hot. A little chopped parsley may be added, and grated cheese may be dusted over with the crumbs.

SALMON CECILS.

Salmon (or any cold fish).

1 hard boiled egg.

Mashed potatoes.

Seasoning.

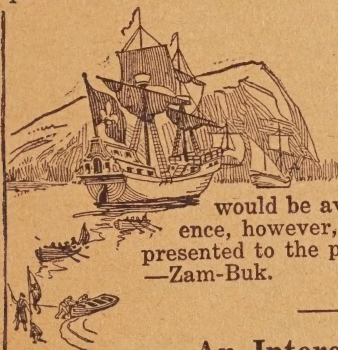
After removing the skin and bones from the salmon, add a little mashed potato, the egg, cut in small pieces, and the seasoning. Add sufficient of the liquor in the tin to moisten the whole. Knead into little flat cakes and fry until both sides are nicely browned. This recipe can be applied to any cold fish.

Why Zam-Buk is best. See page 16.

TWO WONDERFUL DISCOVERIES

FEW people know that two of the most important discoveries in the annals of history are so closely associated — that is, the discovery of Canada and the discovery of the marvellous healing power contained in herbal juices and saps.

In the year 1534 Jacques Cartier sailed from St. Malo on his voyage of discovery and landed at Quebec. Soon afterwards a terrible skin disease broke out amongst his crew. Many of the men died, and the remainder were only saved from a similar fate by a wonderful discovery made by one of the crew. This man had been on the verge of death, and a few days afterwards appeared before Cartier almost cured. When asked the secret of his quick recovery, according to history, he replied: "I have taken the juices and saps of certain trees and herbs and therewith have healed myself."



Since that day the superior healing power of these herbal juices and saps has been an acknowledged fact, but the difficulty was to concentrate them into some convenient form which would be available for modern use. Science, however, solved this problem when it presented to the public the Herbal Skin Healer —Zam-Buk.

An Interesting Coincidence.

It is interesting to learn that a descendant of the illustrious discoverer has recently been cured of a bad case of skin disease by this modern Herbal Healer—Zam-Buk. He is Mr. J. Cartier, Justice of the Peace, of 2192 Clarke Street, Montreal, Writing to the proprietors of Zam-Buk, he says:

"Allow me to express my gratitude for the benefit I have derived from the use of Zam-Buk. It is the best remedy to be found, and has recently cured me of a bad attack of eczema. We always keep it in the house as our family doctor —its healing and curative power is immense."



Zam-Buk ends pain. See page 11.

Recipes—Continued from Page 2.

KEDGEREE.

Cold fish.
Boiled rice.
Butter.

Eggs—1 hard boiled.
1 raw.

Melt 1 oz. of butter in a dish, add fish, some cold boiled rice, chopped white of hard boiled egg, and raw egg beaten, season with salt and pepper. Stir over fire till quite hot. Rub the hard yolk of egg through a wire strainer over top of mixture and brown lightly under the gas grill. Garnish with parsley.

FISH MACARONI.

Cold fish.
Milk.
Salt.
Grated cheese.

Cooked macaroni.
Butter.
Pepper.
Chopped parsley.

Free the fish from skin and bone; add salt, pepper and chopped parsley. Mix this with the cooked macaroni, adding a little milk and butter. Turn into a dish and grate cheese thickly over the top. Bake in a hot oven till cheese begins to color. This will be in about three-quarters of an hour.

MEAT.

PATTIES OF COLD MEAT.

$\frac{1}{2}$ lb. beef or mutton.
Seasoning.

Stock or water.
Parsley.

Cut the cold meat in small pieces, moisten with stock or water, add seasoning and parsley. Make a paste with flour, dripping, and baking powder. Line some greased patty pans with the paste, put a dessertspoon of meat in each, and cover up with paste. Bake $\frac{1}{2}$ hour in a moderate oven.

POTATO PUFFS.

Minced meat.
Gravy.

Pickles.
Mashed potatoes.

To minced meat add a very little chopped pickle, moisten with gravy. Roll out the mashed potatoes with a very little flour, cut in rounds. On one round place a little of the mixture, and put another round on top. Pinch the edges together, and fry a light brown in some boiling fat.

SCRAP ROLLS.

Cooked meat.
Chopped parsley.
Milk.

Seasoning.
Cold boiled potatoes.
Flour.

Mince the meat, add seasoning and parsley. Make a crust with the potatoes, flour and milk. Place the mixture on the crust, roll up tightly and bake in the oven for 1 hour. One roll may be made, or several small ones.

SAVOURY PIE.

1 lb. chopped cold pork.
Seasoning.
Breadcrumbs.

1 onion.
Sage.
Stock.

Place pork, onion (sliced), seasoning, stock and sage in a baking dish. Sprinkle thickly with crumbs, and bake for 1 hour.

MEAT CROQUETTES

1 cupful cold minced meat.
1 tablespoonful minced parsley.
1 teaspoonful minced onion.

A little lemon juice.
Salt and pepper.
 $\frac{3}{4}$ cupful white sauce.

Mix the ingredients well together and set aside for one hour. Shape into croquettes, roll in bread crumbs, then in beaten egg and again in crumbs. Fry in deep fat and drain on soft paper. To make WHITE SAUCE, take $\frac{1}{2}$ cupful milk, $\frac{1}{2}$ cupful water, 1 tablespoonful of flour rubbed smooth in a little cold water, pepper, salt and a piece of butter. Boil until it thickens.

MUTTON AND MACARONI.

Cold cooked mutton.
Yolk of egg.
Seasoning.

2 oz. macaroni.
Chopped parsley.
Bread crumbs.

Boil the macaroni in fast boiling salted water, drain thoroughly; butter six small moulds thickly and line them with the macaroni, coiling it around the bottom and sides. Take any remains of cooked mutton, remove skin, fat or gristle, mince finely, and mix with a third its quantity of bread crumbs; also pepper, salt, 1 dessertspoon parsley. Beat up the yolk of an egg in a little thick gravy, add to the meat. Turn the mixture into the moulds, cover with greased paper and steam for 20 minutes. Turn out the moulds on a very hot dish, pour good thick tomato sauce round, and serve.

Like to try Zam-Buk? See page 32.

"Almost a Miracle."

That is
what Rabbi
Shalitt, of Edenbridge,
Sask., says after a personal

observation of several Zam-Buk cures.
The Rabbi continues:

"One of the most marvellous cures I know of was the case of the little son of Mr. E. Romanuk of this place. The child had had a very severe attack of eczema on his face and head for three years and the inflammation and irritation caused him dreadful suffering. The sores on his forehead and eyes were so very bad that for two years he was completely blind.

"The child was taken to various doctors for treatment, all of whom finally pronounced the case beyond them and gave no hope of recovery. In desperation the father came to me and asked if I knew of anything that would cure his child. Having great faith in Zam-Buk and having already known of several wonderful cures it had worked, I recommended it for this case, which was apparently hopeless. The parents commenced the Zam-Buk treatment immediately, and to cut a long story short—Zam-Buk completely cured the child."

Mr. E. Romanuk, the boy's father, makes this corroborating statement: "For three years my boy suffered intensely with eczema, and for two years the sores on his forehead and eyes were so bad that he was completely blind. Doctors' treatments proved useless, but Zam-Buk has worked a complete cure. This wonderful healer was recommended to me by Rabbi M. Shalitt, for which I shall be thankful to him forever."

Rabbi Shalitt adds: "I always keep Zam-Buk on hand for my own use. It is so excellent for cuts, burns, bruises and injuries of all kinds, and being a strong germicide, an application of this balm to an injury as soon as sustained prevents all possibility of festering or blood-poisoning."

Purely Herbal.

The reason for Zam-Buk's marvellous cures is that it is composed exclusively of rare vegetable oils and herbal extracts. Zam-Buk contains no animal fats to become rancid and no coarse mineral drugs.

The herbal ingredients, which are the feature of Zam-Buk are so blended and refined, that the balm virtually soaks into the pores. It, therefore, gets beneath the surface skin and reaches and destroys all germs in the diseased underlying tissues. After which, the healing essences literally grow new skin.

Tried Zam-Buk Soap? See page 29.

Recipes—Continued from Page 4.

LIVER AND POTATO TURNOVERS.

Minced cold liver.
Potatoes.
Bread crumbs.
Chopped onion.

1 egg.
Salt.
Pepper.
Powdered sage.

Beat the egg and add sufficient mashed potato to make a paste, adding a little salt and pepper. Roll out and cut into rounds about five inches across. To the minced liver add a few bread crumbs, onion, and sage. Lay a little of the mixture on each round, fold over and wet the edges of one half to make it adhere to the other. Brush over with milk, and bake in a quick oven.

MEAT CHARLOTTE.

Cold minced meat.
Slices of stale bread.
Chopped onion.

Stock or gravy.
Seasoning.
Chopped parsley.

Butter a baking dish. Put a layer of stale bread moistened with the stock or gravy in the bottom. Sprinkle thickly over this some minced meat; add seasoning, onion, parsley and another layer of bread which has been moistened. Proceed until the dish is nearly full. Over the last layer of meat and seasoning put bread crumbs so as to hide the meat completely. Place a little butter on the top, and bake in a hot oven for one hour.

MUTTON ROLLS.

Slices of cold roast mutton.
Mashed potatoes.

Veal stuffing.
Gravy.

On one side of each slice of mutton dust pepper, salt and a little allspice. Put a small piece of stuffing on each and roll up, tying firmly with cotton. Place the rolls in a baking dish, pour gravy over them, cover with greased paper, and bake for $\frac{1}{2}$ hour. Make a mound of mashed potatoes on a dish, arrange the meat rolls around, thicken the gravy and pour around.

MUTTON SAVOURY.

1 lb. cold mutton.
1 cup vinegar.
Pinch salt.
2 onions.

2 tomatoes.
 $\frac{1}{2}$ teaspoon sugar.
Pinch mustard.

Fry the onions and tomatoes till tender; add vinegar, sugar, salt, mustard, and simmer for 1 hour. Cut up the mutton in slices, add to the mixture, and simmer slowly for $\frac{1}{2}$ hour. Serve with sauce in the middle and mutton slices around.

MEAT AND MACARONI SHAPE.

$\frac{1}{2}$ lb. minced cold meat.
1 tablespoon tomato sauce.
Pepper.

3 oz. macaroni.
1 egg.
Salt.

Cook macaroni in milk till tender. Add tomato sauce, meat, beaten egg, and salt and pepper. Put all in a buttered mould and boil 1 hour.

Serve with a rich gravy if made with brown meat, if with white meat, pour a white sauce around it.

ROMAN PIE.

$\frac{3}{4}$ lb. cold meat.
2 hard boiled eggs.
1 teaspoon sweet herbs.

2 oz. boiled macaroni.
1 teaspoon chopped parsley.
 $\frac{1}{4}$ pt. gravy.

Mince meat, cut macaroni into small pieces, cut eggs into quarters. Oil well a mould, sprinkle it with vermicelli, then line it with a short crust. Put in a layer of meat, then macaroni, then eggs; season each layer. Sprinkle in the parsley. Repeat till dish is filled, then pour in stock. Cover with pastry. Bake $\frac{3}{4}$ of an hour. This may be turned out of the mould and a good brown sauce poured around it.

MEAT AND RICE PIE.

Cold minced meat.
Chopped parsley.
Stock.

Cold boiled rice.
1 onion chopped.
Seasoning.

Butter a baking dish; put in a layer of rice, then a layer of meat, a sprinkling of onion and parsley and seasoning. Continue till dish is filled. Pour in a cup of stock or gravy, dot with butter, cover, and bake for 1 hour. It ought not to be brown on the top.

BEEF RAGOUT.

Minced cold beef.
1 onion.
Seasoning.

1 pt. stock.
Pinch clove powder.

Fry onion, then add the stock (which has been slightly thickened with flour), seasoning, and clove powder. Add meat. Serve hot.

What are Peps? See page 27.

CUT CAUSED BLOOD-POISONING

DOCTORS' TREATMENT FAILED

BUT

Zam-Buk CURED



THE case of Mrs. S. Cliff, of Melette, illustrates Zam-Buk's wonderful power to cure a bad case of blood-poisoning after medical treatment failed. Mrs. Cliff says:

"I had the misfortune to cut my hand very badly between the fingers with a piece of tin, and although I was careful to cleanse the wound, somehow it became infected, and before very long blood-poisoning set in. I received doctor's treatment and used numerous remedies which he prescribed, but nothing did the wound any good. On the contrary, it was becoming worse and worse. The swelling had spread from my hand to my shoulder, and the pain was so terrific that I could get no rest.

"Then I heard of Zam-Buk and the good it was doing, and determined to stop all other treatments and use Zam-Buk. I shall never forget the relief I experienced after the first few applications. The pain gradually disappeared, and I was at last able to sleep. The swelling was reduced so rapidly that day by day I could see it going down. Before long Zam-Buk had drawn out all the inflammation and poisonous matter, and perseverance resulted in a complete cure. This proves to me that Zam-Buk is the finest healer on the market and no home should be without it."

Trained Nurse Recommends Zam-Buk.

Miss S. Lewis (Nurse), of 15 Caer-Howell St., Toronto, writes: "I consider Zam-Buk an excellent remedy for skin troubles of all kinds."

Skin Was on Fire With Eczema.

Mr. W. A. Love, of 33 Rand St., Central Falls, R.I., writes: "My little son suffered with eczema for nine long, weary months. The irritation was simply terrible, and often at night sleep was entirely out of the question.

"We tried various so-called 'eczema cures' and doctors' treatment, but the result only proved that ordinary medicine was no good for such a case as my boy's. Finally, when we had almost despaired of ever finding a cure, a friend advised us to try Zam-Buk, which had cured his child of a bad skin disease.

"We commenced the Zam-Buk treatment, and to say the results were gratifying is putting it mildly. The first few applications ended the irritation, and it was soon evident that Zam-Buk was effecting a cure. We persevered, with the result that my little son is now completely cured."

Zam-Buk is a skin tonic. Page 23.

Recipes—Continued from Page 6.

BOILED BEEF, WARMED UP IN FLEMISH FASHION.

Cold beef.
3 onions.
Stock.
Flour.

Butter.
Sugar.
Vinegar.
Seasoning.

Fry the onions cut in slices, let them cook slowly without getting brown. Cut the beef in pieces about an inch square, put in the pan, adding some stock, flour enough to slightly thicken, pepper, salt, 1 spoon vinegar and a small quantity of sugar. Just before serving add a little butter.

RECIPE FOR LEFT-OVER COLD ROAST BEEF.

Meat (put through a chopper).
Cupful canned corn.
A little butter.

Pepper.
Salt.
Left-over gravy.

Put a layer of chopped meat in the bottom of a baking dish; then a layer of canned corn. Season with butter, pepper and salt. Do this alternately. Then pour over all the left-over gravy. Bake in the oven until nicely browned.

RICE MOULD.

$\frac{3}{4}$ lb. cold meat (finely minced).
1 teaspoon chopped parsley.
2 eggs, well beaten.
Salt.

3 oz. cold boiled rice.
1 onion chopped.
2 tablespoons gravy.
Pepper.

Mix the above ingredients thoroughly. Pour into a buttered mould and steam for 1 hour. Thicken some stock with butter and flour, add 1 teaspoon of sauce. Turn out the shape, and pour gravy over.

BUBBLE AND SQUEAK.

Cold beef.
Onion.

Greens.
Seasoning.

Boil some greens till tender. Drain them well, mince and place in a frying pan with a little butter and finely sliced onion, season. When the onion is done the greens are ready to serve. Slice the meat and fry gently in a little fat, and arrange around a centre of greens.

FRENCH TOAST.

1 lb. minced beef.
 $\frac{1}{2}$ lb. tomatoes.

$\frac{1}{2}$ pt. white bread crumbs.
1 beaten egg.

Remove skins from tomatoes, then add beef, and crumbs, then the egg. Press into pillow form, place in a baking dish and bake 1 hour. Remove the cover, put a little butter on the top, and let it bake until brown.

JAMAICA FRITTERS.

1 oz. minced meat.
1 beaten egg.

$\frac{1}{2}$ slice bread.
Seasoning.

Pour boiling water over the bread, when soaked pour off superfluous water, add seasoning, meat and egg. Have ready boiling fat in the frying pan. Drop the mixture in by tablespoonfuls, turn when sufficiently set, so as to brown both sides—or it may be made in one large fritter, filling the bottom of the pan. Any sort of meat or fish may be used. Enough for two persons.

MUTTON HASH.

Any cold mutton.
1 tablespoon flour.
 $\frac{1}{2}$ teaspoon pepper.
A little stock.

3 onions.
1 teaspoon salt.
1 teaspoon ketchup.

Cut the meat in thin slices, place them between two plates on the rack to warm. Cut up the onions and fry till brown. Add the flour, salt, pepper, and stir till the flour is brown and the fat is absorbed. Add the ketchup and a small quantity of stock. Boil for some minutes to cook the flour. Lift the pan from the fire, lay in the meat and cover it. Stand the pan for an hour on the back of the stove. A teaspoon of red or black currant jelly greatly improves the gravy. When serving, arrange the slices of meat on a dish and pour the gravy around.

RISSOLES.

Any cold beef or mutton, minced
1 gill milk or stock.
Salt.

1 oz. butter.
1 oz. flour.
Pepper.

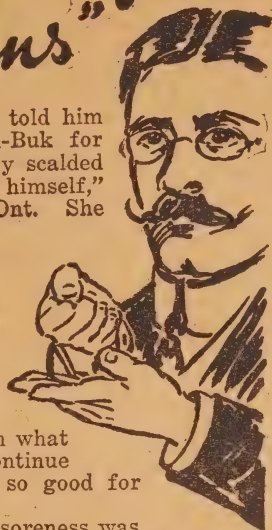
Mix thoroughly the milk or stock, seasoning, butter and flour, and heat till flour is cooked and the sauce is thick. Then add the finely minced meat. Let the mixture get cold. Divide the mixture in halves and quarters, and take an equal number of pieces out of each, so the Rissoles are of even size. Make into balls, using a little flour on the outside only. Brush over with egg and roll in white crumbs. Fry a few at a time in smoking fat sufficiently deep to cover the Rissoles. Pile the Rissoles on a dish and serve with fresh or fried parsley. The Rissoles should be a golden brown.

What mothers say about Zam-Buk. Page 11.

MY DOCTOR SAID

**"There's Nothing so good
for Scalds & Burns"**

when I told him
I was using Zam-Buk for
my little son, who had been badly scalded
by pulling a pan of boiling water over himself,"
writes Mrs. Albert Sawyer of Midland, Ont. She
continues:



"I called in a doctor, who gave me some ointment to apply, but it did not seem to ease the child's pain, which was intense. I therefore discontinued it, and commenced applying Zam-Buk which had been recommended to me. This wonderful balm eased the pain almost as soon as applied, but to make sure I was doing the right thing I called in a second doctor. When I told him what I was using, he said 'That's right—just continue the Zam-Buk treatment; there's nothing so good for scalds and burns.'"

"Needless to say, I persevered. The soreness was soon all drawn out and healing commenced. New skin gradually began to form over the sore places and it was not long before the scalds—although so deep—were completely healed."

While Zam-Buk is excellent for such serious burns and scalds as in the above case, it is just as necessary for the little accidents which are of far more frequent occurrence in every household. A box of Zam-Buk should always be kept on hand for such an emergency and if applied to an injury as soon as sustained prevents any possibility of festering or blood-poisoning, and saves one much unnecessary suffering.

Zam-Buk Their Household Remedy for 14 Years.

Mr. George A. Kilburn, of Swan Lake, Man., says: "For fourteen years we have made Zam-Buk our household balm, and think there is nothing to equal its soothing and healing powers."

Frost Bite Healed by Zam-Buk.

Miss M. Smith, of 1736 Mance St., Montreal, writes: "A few years ago I had my nose frost bitten, and although I received treatment from the doctor, I could not get it to heal permanently, and the next winter the sore place broke out as badly as ever.. Then I used Zam-Buk, which worked like magic, drawing out all the soreness and inflammation, and completely healing the sore. That was two years ago, and I have had no return of the trouble."

Are you fond of pictures? See page 32.

Recipes—Continued from Page 8.

POTTED HAM.

- $\frac{1}{2}$ lb. cooked ham.
- $\frac{1}{4}$ teaspoon ground mace.
- 1 dessertspoon butter.
- Pepper.

Put the ham three times through the mincer, mix in the butter, mace, pepper. Beat thoroughly. Press into glass pots; pour a little hot butter on top.

POTTED MEAT.

Cold salt beef should be passed three times through a mincer, then pound it well in a mortar. Add some anchovy sauce, a little good stock, pepper, and spice well powdered. Press the mixture into jars, and put some melted butter on the top.

MEAT AND RICE BALLS.

- 1 cup cold chopped meat.
- 2 tablespoons butter.
- 1 egg.
- 1 cup cold boiled rice.
- $\frac{1}{2}$ cup milk.
- Salt, pepper.

Boil the milk, then add meat, boiled rice, butter, pepper and salt. Let it boil. Take off the fire; stir in the egg. Let it get cold. Then shape into balls, roll in egg and bread crumbs and fry in boiling fat.

1 dessertspoon curry powder may be added if liked, and fish may be used instead of meat.

BABOTIE (AFRICAN).

- Cold meat, minced.
- 1 thick slice bread.
- 2 eggs.
- 1 small spoon curry powder.
- Salt.
- 1 cup milk.
- 6 sweet almonds.
- 1 onion.
- Butter.
- Pepper.

Soak bread in milk; fry the onion after cutting it up in small pieces; beat the eggs and add to the milk and bread, then add the onion and almonds (which have been blanched and pounded). Mix these ingredients well together, then add meat, curry powder, a little butter, pepper and salt. Rub a baking dish with vinegar or lemon; put in the mixture, and bake for 1 hour in a hot oven.

HUNTERS' PIE.

- Minced mutton or beef.
- Stock.
- Mashed potatoes.
- Seasoning.

Mince very fine the beef or mutton—a little fat must be put with it. Fill the dish three parts full. Place over it some stock, also any gravy, add salt, pepper, and a little ketchup. Put this in the oven to get warm, and then lay over a nice thick crust of moist mashed potatoes, or else finely grated bread crumbs, dot with butter. Bake slowly for 1 hour.

LAMB SOUFFLE.

- $\frac{1}{2}$ lb. cooked mutton or lamb.
- 1 oz. flour.
- 1 teaspoon chopped parsley.
- 2 eggs.
- 1 oz. butter.
- $\frac{1}{2}$ pt. stock.
- 1 tablespoon tomato sauce.
- Seasoning.

Put meat twice through the mincer to mince it finely. Melt butter, then add flour, stir till smooth, then add stock. When boiling, add meat, parsley, tomato sauce, and seasoning. Take off the fire and let cool a little. Thoroughly stir in the yolks of the eggs, and lightly stir the stiffly whipped white of eggs through the mixture. Put into a buttered baking dish, or else divide the mixture into buttered patty pans. Shake a few crumbs over the top, and bake in the oven 10 or 15 minutes.

BEEF MINCED WITH TOMATOES, ETC.

- $\frac{1}{2}$ lb. minced beef.
- 2 tomatoes.
- Seasoning.
- 3 onions.
- 1 pt. stock.
- Mashed potatoes.

Fry the tomatoes and onions, then add meat, seasoning and stock; stir well. Make a wall of mashed potatoes on a dish and when the mixture is quite hot, pour in the centre of potatoes.

RICE SLICES.

- Slices of cold meat.
- Grated cheese.
- 1 cup rice.
- Seasoning.

Boil the rice in water for $\frac{1}{2}$ hour, and let it thicken, and then mash. Envelop the slices of meat in a coating of rice flavored with salt and pepper. Sprinkle each side with grated cheese, and fry a golden brown. Serve very hot.

CURRIED VEAL.

- Cold roast or stewed veal.
- 1 onion.
- Curry powder.
- A little flour.
- 1 tablespoonful vinegar or lemon juice.

Cut the meat into small pieces. Fry the onion in dripping. Remove the onion and brown the meat thoroughly in the fat. Then cover with water and cook for a few minutes, adding the curry powder— $\frac{1}{2}$ teaspoonful curry powder to each pound of meat. Thicken with a little flour stirred smooth in cold water. Add the vinegar or lemon juice and serve with a border of steamed rice.

What a clergyman says about Zam-Buk. Page 31.

Zam-Buk ENDS PAIN

THAT is why children who have once had Zam-Buk applied to an injury will cry for it again—they know it ends their pain.

Zam-Buk is especially suitable for children because of its purity of composition. It contains absolutely no animal fat or poisonous mineral drugs, such as are found in ordinary ointments which irritate instead of soothe the tender skin. Zam-Buk can, therefore, be applied with perfect safety to the most sensitive skin—even the skin of a baby.

Mothers who have used Zam-Buk for their children's injuries and sores say they would not be without it.

Mrs. Geo. Currie of 194 Waterloo Ave., Guelph, Ont., writes: "My baby sustained a very bad burn under his chin. Two doctors attended him, but he got no better, and after eight weeks the doctor told me that skin would have to be grafted. Before resorting to this, however, I tried Zam-Buk. I soon noticed an improvement, and in three weeks' time the burn was entirely healed, without the necessity of having skin grafted."

Mrs. I. Wilson of Sarnia says: "I could not do without Zam-Buk for my family. It is splendid for cuts, burns, sores, etc."

Mrs. T. D. Ruston of the Children's Aid Society, Belleville, Ont., writes: "I have used Zam-Buk, with excellent results, for the children in our Shelter. I always apply it to their sores, cuts, bruises, etc.—it ends their pain so quickly and healing soon follows."

Mr. L. B. Andresen, of 1407 E. 22nd St., Minneapolis, writes: "We have used Zam-Buk in our home for seven years, and could not get along without it. When any of the children, my wife or self, meet with an accident we always use Zam-Buk, and it has saved us many a doctor's bill."

HEAD COVERED WITH SORES.

Now Cured by Zam-Buk.

Mr. John L. Frenette, of Nigadoo, Gloucester Co., N.B., writes: "A rash appeared on my head and quickly spread until my head was entirely covered with sores. My doctor diagnosed the disease as eczema, and gave me various remedies, none of which did me much good, and as my head had been in this condition for two months, I determined to try some other treatment."

"I commenced using Zam-Buk and was delighted with the results. This soothing balm soon ended the pain and irritation, and drew out the inflammation. Very soon the sores began to heal, and after perseverance, entirely disappeared. I shall be glad if you will publish my letter for the benefit of other sufferers."

Zam-Buk cures when other treatments fail. See page 19.

VEGETABLES.

WHITE HASHED POTATOES.

Cold boiled potatoes.
Onion juice.

Cream sauce.
Seasoning.

Dice the potatoes, moisten with sauce, add a little onion juice and seasoning. Turn into a well buttered frying pan, cover and cook slowly until well heated through and the sauce somewhat absorbed. It should be less moist than creamed potato, and firm enough to hold its place in a mound or roll when served. It must not be browned.

POTATO OMELET.

1 cup cold mashed potato.
Hot milk.

3 eggs.

Add enough hot milk to soften the mashed potatoes, add the well beaten eggs. Turn into a well buttered omelet pan (about 1 tablespoon of butter). Spread the egg and potato evenly and cook slowly until browned on the under side. Fold like an omelet, slip on to a hot platter and garnish with small sausages or slices of sausage meat.

LYONNAISE POTATOES.

Boiled potatoes.

1 tablespoon thinly shaved onion

Slice the potatoes very thin. Put two tablespoons of bacon or ham fat in a frying pan and in this fry the onion. When slightly brown add two cups of sliced potato, season, and mix thoroughly with the fried onion. Flatten on bottom of pan and cook until the under side is well browned. Reverse on a hot platter, shape into a mound, and sprinkle with finely chopped parsley.

DELMONICO POTATOES.

Diced cold boiled potatoes.
Grated cheese.
Chopped hard boiled egg.

White sauce.
Bread crumbs.
Seasoning.

Mix the sauce and potatoes. Place a layer of the mixture in a buttered baking dish, then a layer of cheese and crumbs, a sprinkle of hard boiled egg, then seasoning. Repeat till dish is filled. Bake till top is well browned.

MACEDOINE OF VEGETABLES IN CASES.

Small left-overs of:

Cream sauce.

Peas.

Carrots.

Pastry shells.

Beans.

Turnips.

To make pastry shells, cover inverted patty pans with pie crust, prick with a fork several times, and bake. Mix any of the above vegetables with a sauce, and fill shells. If the shells are made long before using, reheat in the oven before filling with the hot creamed vegetables. For individual service, place a case on each plate with a chop or portion of meat or fish. If served on the table, have a border of the cases around the meat platter.

CANNED CORN ON TOAST.

1 cup canned corn.
1 tablespoon butter.
Bacon.
Salt.

1 teaspoon finely chopped onion.
 $\frac{1}{2}$ cup milk.
Toast.
Pepper.

Fry the chopped onion in butter, but do not allow it to get brown. Add corn, milk, salt, pepper. Cook slowly for five minutes. Meantime toast a slice of bread for each person and fry two slices of bacon for each. Pour the prepared corn over the toast, from which all crusts have been removed. Serve a criss-cross of bacon with each portion.

SWEET POTATO CROQUETTES.

Boiled or baked sweet potatoes.
2 tablespoons butter.
 $\frac{1}{2}$ cup blanched and pounded almonds.

Cream or milk.
2 well beaten eggs.
1 teaspoon salt.

Pass the potatoes through the ricer, and to every pint of potato add the salt, butter, eggs, almonds (peanuts or chestnuts may be used instead, if desired). Add enough cream or milk to make of the right consistency to handle. Mold into balls or cones, roll in egg, then in cracker or bread crumbs, and fry a nice brown in deep fat.

PARSNIP CROQUETTES.

Boiled parsnips.
Cracker crumbs.

2 well beaten eggs.
Seasoning.

Mash the parsnips, add the eggs, then crumbs, making the mixture of the right consistency to mould. Season. Shape into balls, roll in bread crumbs, then in egg, then in crumbs again. Fry in deep hot fat until a golden brown. Serve hot.

Have you tried Peps? See page 27.

**SCALD****CUT**

DAILY MISHAPS

The busy housekeeper who is constantly meeting with burns, scalds, cuts, scratches and bruises, knows how much suffering and inconvenience these small injuries can cause unless attended to immediately.

That is why all good housekeepers keep a box of Zam-Buk always handy—because they say there is nothing to equal it for these daily mishaps. Nothing ends pain, draws out soreness and heals so quickly, and being anti-septic, prevents all danger of festering.

Mrs. A. B. Lloyd, of Ruby Creek, B.C., writes: "I always keep a box of Zam-Buk on hand—I find it so useful for all kinds of injuries. I scalded my hand severely, but applications of Zam-Buk soon soothed the pain and drew out the burning and soreness, so that I was able to continue using my hand, and in a short time the scald was quite healed."

Miss Margaret E. Rennie, of 25 Union St., Dominion, N.S., writes: "Zam-Buk is certainly the best skin healer I know of. We are never without it in our home."

Miss Hazel Johnston, of 201 Spadina Ave., Fort Rouge, Winnipeg, writes. "I received a very bad cut from a piece of glass, and after trying several ointments without success, I sent for a box of Zam-Buk. I applied this balm regularly, and before long the wound was quite healed."

Miss Alice Bottrell, of East Burnaby P.O., New Westminster, B.C., writes: "Zam-Buk has been our household salve for five years, and we think nothing can equal it. One day I was putting a kettle of water on the stove, when I slipped and fell with my hands right on top of the hot stove! Needless to say, I was very badly burned. Fortunately, we had some Zam-Buk on hand, which I immediately applied, and it was wonderful how quickly it eased the burns. Not only so, but it healed without leaving a scar."

Miss F. Colbourne, Ottawa, says: "I scalded my hand severely with boiling grease. The pain was terrific, but Zam-Buk eased it very quickly."

**BRUISE****BURN**

Try Zam-Buk at our expense. Page 32.

Recipes—Continued from Page 12.

VEGETABLE RAGOUT.

Take the remains of cooked vegetables (the larger the variety the better) and cut them into small pieces, season, and put in a well greased pan, heat thoroughly, then moisten with gravy or stock. Do not stir during the process of reheating, as the ragout presents a much more dainty appearance if the vegetables are kept unbroken. When thoroughly hot, pile in the centre of a dish, and garnish with pieces of hot toast.

SPINACH PUDDING.

6 tablespoons cooked spinach.	6 tablespoons bread crumbs.
Milk.	4 eggs.
Salt.	Grated nutmeg.

Soak the crumbs in a little milk, then drain. Add the spinach, salt, nutmeg, and well beaten eggs. Mix all well together, put in a mould and boil 2 hours.

TOMATO SALAD.

Cold cooked potatoes.	Spring onions.
Ripe tomatoes.	Seasoning.

Slice the tomatoes and place on top finely chopped potatoes, and onions. Season. Pour over a salad dressing. A little grated cheese may be added.

COLD COOKED VEGETABLE SALAD.

Cold cauliflower.	Small carrot (cooked).
Cold potatoes.	1 cup haricot beans, or
Grated cheese.	Green peas (cooked).

Pull the cauliflower into small heads, arrange the carrot, chopped fine, the potato sliced, the beans or peas, and grated cheese, and pour over all a salad dressing.

CHEESE AND POTATOES.

Cold boiled potatoes.	Cheese.
Mustard.	1 pint milk.
Salt.	Pepper.

Cut in thin slices the potatoes and lay them in a greased baking dish; over them lay cheese cut thin; sprinkle a little seasoning and a very little mustard, then add more potatoes, and so on until the dish is full. Pour over all 1 pint of milk.

VEGETABLE MOULD.

Cold cabbage.	Cold carrots.
Cold turnips.	Butter.
Salt.	Pepper.

Rub the vegetables through a sieve, keeping each vegetable separate. Add a little dissolved butter and seasoning. Grease a mould and put the vegetables in layers, green, white, and red, and bake or steam till heated through. Turn out carefully. Other vegetables may be used up in the same way.

VEGETABLE ENTREES.

Almost any cooked vegetable may be minced or mashed, butter, cream or an egg added, highly seasoned, and served on toast.

CABBILOW.

Boiled potatoes.	Boiled cabbage.
1 onion.	Butter.
Salt.	Pepper.

Mash the potatoes and cabbage together, mixing with them a sliced onion, and seasoning, add a little melted butter. The dish is much improved by being put into the oven to be browned.

CELERY FRIED.

Boiled celery.	Dripping.
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Cold celery which has been boiled may be cut in small pieces and fried in dripping till lightly browned.

POTATO CAKES.

Mashed potatoes.	Seasoning.
1 egg.	Chopped onion.

Add to the potatoes the onion, and seasoning. Make into small flat cakes, dip in the egg and bread crumbs, and fry a light brown.

POTATO SAUTE.

Cold potatoes.	Chopped parsley.
Salt.	Pepper.

Cut the potatoes in slices and fry them, season with salt and pepper, and a good handful of parsley. Turn them over, fry a good brown, and serve very hot.

TURNIP TOPS.

Boil the turnip tops in plenty of salted water, for at least 1 hour. Drain them thoroughly, cut them small, mix a little butter with them, and serve very hot.

A doctor's opinion of Zam-Buk. Page 9.

Where
just \$1 did more
than \$40!



THIS was the case of Pte. C. Oakley of the 96th Highlanders. Writing to the Zam-Buk Co., he says: "I could have saved myself \$40 if I had only known of Zam-Buk sooner. I had the misfortune to cut my leg very badly. I immediately went to a doctor who sewed up the wound and attended me for five weeks, during which time I was obliged to give up my work.

"At the end of that time the wound was no better, and the doctor advised me to go into a hospital for treatment, but as the doctor's treatment had already cost me \$40, and I had received no benefit, I determined to try something on my own account.

"Just then I happened to hear Zam-Buk highly recommended. I procured some and commenced using it. I soon discovered that the healing power of Zam-Buk is simply marvellous! In two weeks' time I was able to return to my work, and perseverance with Zam-Buk resulted in a complete cure.

"I had only used one dollar's worth of Zam-Buk in all, and it had succeeded, whereas \$40 spent in doctor's treatment had failed. Everyone should keep a supply of Zam-Buk on hand—it is such a wonderful saver of doctors' bills. I am taking some to the front with me, and think every other soldier should do the same."

St. John Ambulance Brigade Uses Zam-Buk.

Mr. W. G. W. Pyatt, of 15 Southview Ave., Toronto, Superintendent of the Riverdale Division of the St. John Ambulance Brigade, tells how, both in personal use and as a "first-aid," Zam-Buk has proved the finest healing balm of his experience. Writing to the proprietors, he says:

"For the last five years I have used Zam-Buk, both personally and as a 'first-aid' in the Brigade, and have proved it to be of great value—in fact, in my opinion, there is no other balm that can compare with it."

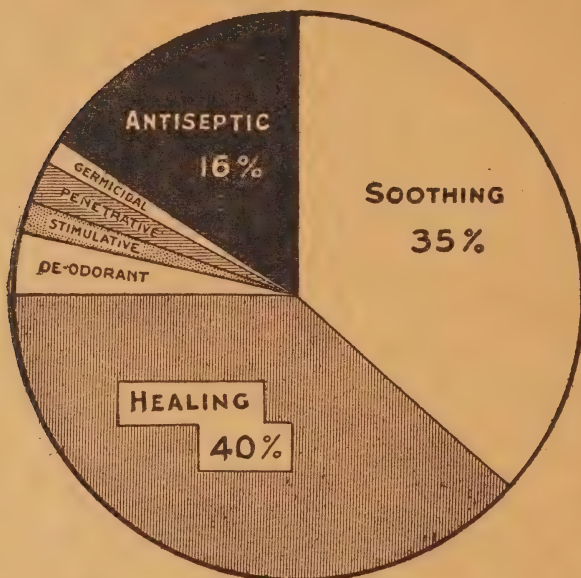
Stocking Dye Poisoned Blistered Heel.

Mrs. C. A. Campbell, of Powassan, Ont., writes: "I blistered my heel very badly by wearing new shoes, and the poisonous dye from my stocking getting into it caused a very bad sore.

"For a week I could not put a shoe on, and I suffered intensely. Then I used Zam-Buk, which soon drew out the poison and ended the pain, and before long the sore was quite healed. Zam-Buk, in my estimation, is the finest salve in existence, and should be in every home."

What makes a good complexion? See page 23.

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ZAM-BUK.

The secret of the power of Zam-Buk lies in the fact that it is all medicine. Ordinary ointments contain about 5% medicine, and the balance animal fat. It is obvious, therefore, why Zam-Buk's curative power is so superior to that of ordinary ointments.

Seven important qualities combine to make Zam-Buk a unique balm.

1st. The Healing quality—which you will see from the diagram predominates. By comparing the diagrams you will see that one box of Zam-Buk contains more healing power than a great many boxes of ordinary ointment.

2nd. The Soothing power of Zam-Buk is very great. Almost immediately it is applied it ends the pain and irritation of a wound or sore. It then draws out the inflammation and reduces swelling.

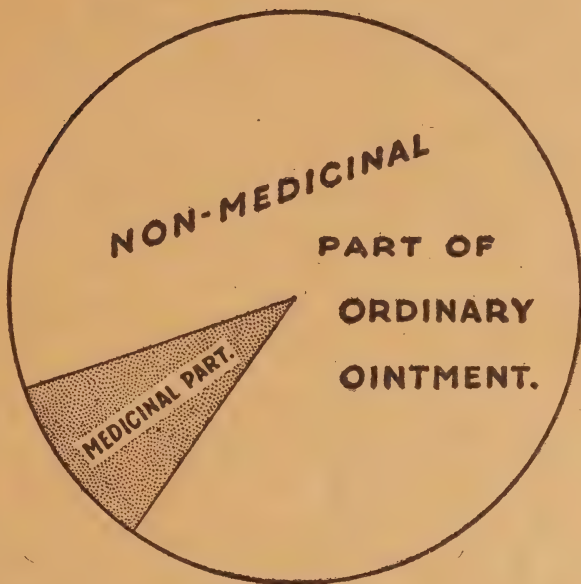
3rd. The Antiseptic power of Zam-Buk is three times as great as is commonly met with. This is the quality that prevents the growth of injurious microbes and thus prevents festering.

4th. Zam-Buk is Germicidal.. That is, it is capable of destroying all dangerous germs in a wound or sore, while its antiseptic

How Zam-Buk was discovered. See page 3.

ZAM-BUK'S POWER

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ORDINARY OINTMENT.

power prevents their spreading. These two qualities, combined, make Zam-Buk a certain preventive of blood-poisoning.

5th. The power of Penetration which Zam-Buk possesses is extraordinary. This is because its medicinal ingredients are so blended and refined. This quality makes it invaluable in the case of deep seated troubles, such as rheumatism and sciatica, and also for chronic skin diseases, because it is capable of getting to the "root" of the trouble.

6th. The Stimulative quality of Zam-Buk is very important, as it enables the balm to act as a tonic on the surrounding tissues and hastens the healing process.

7th. As a Deodorant Zam-Buk is unequalled for discharging sores, bad legs, ulcers, wet eezema, etc.

It is obvious, therefore, that in buying Zam-Buk you get the best possible return for your money, which is always—and particularly at the present time—a matter of first consideration to a good housekeeper. If you have not already tried Zam-Buk, see our free offer on page 32.

Zam-Buk cures are permanent. See page 19.

Recipes—Continued from Page 14.

TOMATO TOAST.

½ lb. tomatoes.	2 oz. butter.
Pinch of soda.	½ teaspoon sugar.
2 eggs.	Seasoning.

Put the tomatoes sliced in a pan with the butter and fry 5 minutes. Rub through a sieve, put the pulp back into the pan, break in the eggs, add the seasoning, sugar, soda. Stir over a gentle fire till it begins to set. Serve on small rounds of buttered toast.

TOMATO FRITTERS.

½ lb. tomatoes.	2 oz. butter.
2 eggs.	Seasoning.
Pinch of soda.	A few drops of salad oil.
Flour.	

Stew the tomatoes with the butter till tender, then rub through a sieve. Add seasoning, soda, the yolks of the two eggs and the white of one beaten stiff, then a few drops of salad oil, and as much flour as will make a stiff batter. Drop a spoonful at a time in boiling hot fat; fry a nice pale brown, and serve.

GOLDEN MOUNT POTATOES.

2 cups mashed potatoes.	1 egg.
Milk.	Bread crumbs.
Salt.	Pepper.

Add to the potatoes the seasoning and enough milk to make the mixture soft enough to shape. Form in a pyramid in a baking dish, cover with the yolk of the egg, and sift crumbs over. Bake a golden brown in a hot oven.

CHEESE PUFFS.

½ lb. boiled potatoes.	2½ oz. grated cheese.
1 egg.	Bread crumbs.
Salt.	Pepper.

Pound the potatoes in a mortar, add the cheese and seasoning, and beaten egg. Make into little balls, roll in crumbs, and fry a light brown.

POACHED EGGS WITH TOMATO TOAST.

1 pint stewed tomatoes.	Eggs.
1 tablespoon chopped green pepper	A few slices of onion.
2 tablespoons flour.	Toast.

To the tomatoes add the green pepper, the onion, and thicken with the flour which has been dissolved in a little cold water. When thoroughly heated, pour on hot toast, and set a poached egg on each piece.

TOMATO SURPRISES.

Whole tomatoes.	Cold boiled rice.
A little onion juice.	Seasoning.
Grated cheese.	Toast.

Season the rice with onion juice and seasoning. After hollowing out tomatoes, inverting them and draining them for fifteen minutes, pack the rice in the shells, cover the tops with grated cheese and bake in a moderate oven 25 minutes. Serve on toast with a cream sauce.

TOMATOES AND SCRAMBLED EGGS.

Six tomatoes.	4 eggs.
Onion juice.	Minced parsley.
Salt.	Pepper.

Cook the tomatoes, strain, and add the well beaten eggs; season with onion juice, salt, pepper, minced parsley. Cook until they are creamy, being careful that they do not stick to the bottom of the pan.

SURPRISE CROQUETTES.

2 cups cold mashed potato.	4 tablespoons cream or milk.
1 teaspoon onion juice.	2 eggs.
Salt.	Pepper.

To the potato add the cream or milk, the onion juice and seasoning. Beat over the stove until smooth and hot. Remove, slightly cool, and add the beaten yolks of the eggs. Form into cone shapes, make a depression in each and into this put a teaspoon of creamed chicken, minced and highly seasoned meat, grated cheese, or a vegetable in cream sauce. Press the potato around the filling. Beat the white of one egg, diluted with a tablespoon of water. Roll the croquettes in this then in seasoned bread crumbs, and fry in deep fat.

SOUTHERN SWEET POTATOES.

Cold cooked sweet potatoes.	Sugar.
Butter.	

Cut the sweet potatoes in slices and put in a baking dish. Spread each layer with butter, sprinkle slightly with sugar, and bake until hot and slightly browned.

Are your hands chapped? See page 21.

5 YEARS OF SUFFERING ENDED BY Zam-Buk



THE little son of Mrs. W. Adams, of 489 La Salle Road, Verdun, Montreal, suffered for over five years with the worst form of eczema. Mrs. Adams tried everything—took the child to various hospitals, where he received the best possible medical treatment, but of no avail. The doctors said the case was incurable! Then she heard of Zam-Buk and used it, with the result that to-day the child is completely cured of the terrible disease.

Mrs. Adams writes: "The eruption started on my little son's neck and spread rapidly until his body was entirely covered. I first took him to a hospital for treatment of the skin, but instead of getting better the eruption got worse. I then took him to another hospital, but with the same result. I finally took him to a third hospital, where he remained for some time, and although at first he seemed to be getting better, the improvement was only temporary, and the doctors finally pronounced the disease incurable.

"Five years had now elapsed since the sores had first appeared, and I was beginning to fear the doctors were right, when someone advised me to try Zam-Buk. This balm was so very highly spoken of that I determined to give it a trial. A few weeks after I commenced using Zam-Buk I noticed a decided improvement. This was so encouraging that I continued the treatment. Gradually my boy got better and better, until after four months of Zam-Buk treatment he was entirely cured and his skin was absolutely clear.

"Although it is now six years since this wonderful cure was effected, there has not been the slightest trace of the disease returning. I cannot tell you how grateful I am for what Zam-Buk has done, and I am never without it."

Had Eczema for a Year.

Miss Astene Gallant, of Saint Nicholas, P.E.I., writes: "For a year I suffered with eczema, the trouble beginning on my hands and spreading rapidly. As the itching and burning was very distressing, I tried all sorts of remedies, hoping to get relief, but in vain. I then read of Zam-Buk and commenced using it. The way Zam-Buk relieved the irritation was simply marvellous, and the continued use of this healing balm completely cured me.

"It is now two years since this cure was effected, and I have had no return of the trouble. I have every confidence in Zam-Buk's healing power and heartily recommend it to others."

Zam-Buk is best for blood-poisoning. Page 7.

Recipes—Continued from Page 18.

BAKED EGGS AND TOMATOES.

Cooked tomatoes.
Salt.

Eggs.
Pepper.

Fill buttered ramekins with about an inch of tomatoes, drop an egg on the top, season, and put them in the oven until the eggs are set.

HOT POTATO CAKE.

1 cup cold mashed potatoes.
2 tablespoons lard.
3 level teaspoons baking powder.

2 cups flour.
 $\frac{1}{2}$ teaspoon salt.
Milk.

Mix the above ingredients, adding enough milk to make a soft dough. Roll out $\frac{1}{2}$ inch thick, lay whole in a pan, and mark off in squares. Bake in a quick oven 20 minutes and serve hot.

CREAMED POTATOES.

4 cold potatoes.
 $\frac{1}{2}$ teaspoon salt.
Sprinkle of pepper.

$\frac{1}{2}$ cup milk.
1 tablespoon butter.

Cut the potatoes in cubes or thin slices. Put butter and milk into pan and heat. Add potatoes and cook slowly till nearly all the milk has been absorbed. Add seasoning and serve hot. If desired, 1 tablespoon chopped parsley may be added.

DESSERTS.

CHOCOLATE PUDDING.

$\frac{1}{2}$ lb. stale bread.
2 oz. sugar.
1 dessertspoon cocoa.

1 pt. boiling milk.
1 oz. butter.
2 eggs.

Break the bread into small pieces and put into the boiling milk, let stand to cool, then beat with a fork. Add the butter, sugar, and cocoa. Stir it all together over the fire, until the cocoa tastes cooked. Remove from the fire and when thoroughly cooled, add the well beaten eggs. Pour the mixture in a buttered baking dish and bake in a moderate oven for $\frac{1}{2}$ or $\frac{3}{4}$ of an hour. Serve hot.

PORTUGUESE FRITTERS.

Cut some slices of bread into neat shapes, soak in milk, then fry light brown in butter. Spread them with jam and dust over with sugar. These may be served with custard.

STALE BREAD PUDDING.

Stale bread.
Grated suet.
 $\frac{1}{2}$ lb. stoned raisins.
1 teaspoon baking powder.
Flour.

Boiling water.
4 oz. brown sugar.
Pinch of salt.
Nutmeg or cinnamon.
Syrup.

Soak the bread in the water over night. Next day strain off all possible moisture, and to 2 lbs. of bread, add $\frac{1}{2}$ lb. suet, the raisins, sugar, salt, nutmeg or cinnamon, and baking powder. Add enough flour (very little will be required) to bind the whole together. Beat well. As no egg is used, a very little warmed golden syrup will help to bind the mixture. Bake in a greased baking dish.

TRIFLE.

Stale sponge cake.
Oranges.
Custard.

Bananas.
Shredded cocoanut.

Arrange the cake in a dish, slice bananas and oranges and place over cake, then add cocoanut. Pour over a custard. Any kind of fruit, whether fresh or preserved, may be used, or if desired, any kind of jam may be spread on the cake. To make the CUSTARD mix the yolk of an egg with 3 tablespoonfuls of sugar and a pinch of salt. Stir in 2 cupfuls of boiling milk slowly. Then add 1 dessertspoonful of corn starch dissolved in a little water and boil all until thick. When the custard has been poured over the cake and jam, cover with the beaten white of the egg, to which has been added 1 teaspoonful of water (which will make it go farther).

SULTANA PUFFS.

Excellent and wholesome puffs can be made, to use up any short crust left over from a pie, by rolling out the paste a quarter of an inch thick, cutting it in rounds, and placing about one heaped tablespoon of raisins in the centre of each. Moisten the edges and turn over in three flaps, to make a three-cornered puff. Bake in a moderate oven.

Zam-Buk saves doctor's bills! Page 27.



IF you have cracked or chapped hands, one thoroughly good application of Zam-Buk at night will bring ease by morning. Wash the hands in water as hot as can be borne. When thoroughly softened, dry on a soft towel and apply Zam-Buk freely to the sore parts. By morning the soreness will have disappeared. People who have used Zam-Buk for chapped hands say that there is nothing to equal it for this painful ailment.

Miss Bozina Strojisa, of East Hansford, N.S., writes: "I suffered terribly with chapped hands. They became cracked and bleeding, and the pain was so intense that I could not put my hands in water. As soon as I commenced using Zam-Buk the pain and smarting sensation began to disappear and I continued until my hands were completely healed."

Mrs. William Elstone, Jr., of Haliburton, Ont., writes: "Last winter my hands were very badly chapped and the numerous remedies I tried only seemed to make them worse. After applying Zam-Buk a few times, however, my hands were completely cured."

Mrs. Norman J. Perry, of Port Maitland, Yarmouth Co., N.S., writes: "Zam-Buk is a perfect remedy for chapped hands."

Agonizing Chilblains Ended.

Miss Annie Lepard, of Beaverdale, Ont., writes: "I never used anything so good for chilblains as Zam-Buk. I suffered terribly with this ailment and had tried various remedies which gave me no relief. Finally I tried Zam-Buk, which soon ended the irritation, drew out the inflammation and cured the chilblains."

Mrs. Ishmael Allen, of Bothwell, Ont., writes: "Zam-Buk is certainly a wonderful healing balm. It has cured my little daughter of a very bad case of chilblains."

Zam-Buk for Hives.

Mrs. Avery Daisley, of Dingwall, N.S., writes: "I am pleased to certify that Zam-Buk is an excellent remedy for hives and all inflammation of the skin."

Why you should use Zam-Buk. See page 31.

Recipes—Continued from Page 20.

QUEEN PUDDING.

Stale cake.
1½ pint milk.

3 eggs.
Strawberry preserve.

Make a custard of milk and eggs, saving the white of one egg for the top of the pudding. Pour this custard over the cake and put in the oven to bake. When ready, take out and cover with a thick layer of strawberry preserve. Then beat the white of egg till stiff and spread on top. Put back in the oven till it becomes a light brown. Serve with cream or rich milk.

BREAD PUDDING.

Thin slices of stale bread.
Hot milk.

Stewed raisins.

Moisten the bread with the milk. Place alternate layers of bread and raisins in a pudding dish. Pour over a little hot milk or some of the juice from the raisins, and bake in a moderate oven ¾ hour.

BROWN BETTY.

2 dozen apples.
Brown sugar.
Spice.

Loaf stale bread.
Butter.
Water.

Peel and slice the apples; crumb the bread. In a dish put a layer of crumbs, then a layer of apples, sprinkle over them some brown sugar; put in a piece of butter and any spice that may be preferred, then sprinkle in a very little cold water. Put in another layer of crumbs, apples, sugar, butter, spice and water again. Go on until the dish is full, making the top layer of apples. Bake in a quick oven.

CHEESE CUSTARD.

Slices of stale bread.
Salt.
1 egg.

Cheese.
Pepper.
1 cup milk.

Have the slices of bread about one inch thick, removing all crust. Put a layer of bread in buttered dish, add a layer of cheese sliced thin, sprinkle with salt, pepper, and a little mustard. Continue till dish is almost full. The top layer should be bread. Add beaten egg to milk and pour over. If egg and milk are not sufficient to cover layers of bread and cheese, use more egg and milk in same proportion. Let stand for 10 minutes. Bake in moderate oven until firm and a delicate brown. This makes a delicious dessert.

APPLE DOWDY.

Apples.
Nutmeg.
2 oz. sugar.

Buttered bread.
1 gill water.
1 gill golden syrup.

Line the bottom of a buttered baking dish with thin slices of buttered bread. Peel, core and slice the apples and nearly fill the dish with them. Grate over a little nutmeg. Mix the syrup and water and pour over the apples. Put the sugar in a layer on the top and cover all with more buttered bread. Cover the dish with a lid and bake in a moderate oven about 2 hours.

APPLE CHEESE.

1 lb. apple pulp.
Rind and juice of lemon.

¾ lb. sugar.

After the Apple Jelly has been made, rub the pulp that remains in the jelly bag lightly through a sieve, scraping the sieve occasionally to remove the skins. Weigh, and to each pound of pulp add ¾ lb. sugar. Add grated rind and juice of one lemon to every three or four pounds. Put all in a pan and boil quickly, stirring all the time, till a little cooled on a plate will set. As the fruit is ready cooked, the cheese is quickly made. Put in moulds. The Apple Cheese can be turned out when wanted.

APPLE SNOWBALLS.

Cold boiled rice.

Apples.

Pare and core apples. Place as much of the boiled rice on a small cloth as will entirely cover the apple like a crust, tie each up closely, and boil for 2 hours. Serve with melted butter and sugar.

APPLE PUDDING.

Stale sponge cake.
Milk.

Sliced apples.
Sugar.

Fill a buttered baking dish with alternate layers of sponge cake, apples, and a sprinkling of sugar. Let the sponge cake be at the bottom and top; enough milk to moisten. Place small pieces of butter on the top cake, and bake for at least one hour.

Tried Zam-Buk? See offer on page 32.

Have you a Good Complexion?



If not, use Zam-Buk and watch the improvement. Apply a little of the balm each night before retiring, rubbing it well into the skin, and you will never need to resort to powders and cosmetics. A complexion produced by their aid can be only temporary, and the after-effects are disastrous, while beauty produced by the aid of Zam-Buk is lasting.

The penetrative power of Zam-Buk enables it to reach the underlying tissues. Then the stimulative qualities acting as a tonic upon the cells rouse them to healthy action. This promotes vigorous circulation, which carries off all impurities, thus creating a permanently clear complexion.

Boils for Three Years.

Mr. Ernest Hill, of Mossley, R.R. No. 1, Ont., writing to the proprietors of Zam-Buk, says: "For three successive years I was the victim of boils. Each time I had to go to the hospital and have them lanced, but nothing seemed capable of ridding me of them. I was finally advised to use Zam-Buk, which I did, and since that time I have had no return of the trouble."

Erysipelas Cured by Zam-Buk.

"I cannot speak too highly of what Zam-Buk has done for me," writes Mr. Austen Fulmore, of Five Islands, N.S. He continues: "For a considerable time I was laid up with a boil on my leg, which finally turned to erysipelas. I was attended by a doctor, who gave me ointment to apply, but although I followed his advice closely, I got very little relief. The erysipelas was rapidly growing worse and I was suffering acutely.

"I then heard of Zam-Buk's wonderful healing power, and commenced using it. I felt much better after the first few applications, and continued, with the result that I am now entirely cured."

Zam-Buk Cures Scalp Sores.

Mrs. Walter A. Fawcett, of River Glade, N.B., writes: "I can truthfully say that Zam-Buk is the finest salve I have ever used. My baby's scalp was covered with sores, and the numerous remedies I tried had no effect whatever. Zam-Buk, however, has effected a complete cure—my baby's scalp being now entirely free from any trace of sores."

Zam-Buk is all medicine. Page 16.

Recipes—Continued from Page 22.

COFFEE PUDDING AND SAUCE.

- | | |
|----------------------------------|--------------------------------|
| 2 eggs. | $\frac{1}{2}$ cup sugar. |
| A pinch of salt. | $\frac{3}{4}$ cup cold coffee. |
| $\frac{1}{2}$ cup whipped cream. | |

Put well beaten eggs, the sugar, salt, and coffee in a double boiler and cook until the mixture thickens. Chill, then add the whipped cream. Serve cold.

Sauce.

- | | |
|---------------------------|-------------------------|
| Yolks 2 eggs. | 1 tablespoon sugar. |
| $\frac{1}{2}$ cup coffee. | $\frac{1}{2}$ cup milk. |

Cream together the eggs and sugar. Heat the coffee and milk and pour slowly on the eggs. Return to the saucepan and stir until the sauce begins to thicken.

COFFEE FRITTERS.

- | | |
|--------------------------------|---------------------------|
| 1 cup sweetened strong coffee. | Pieces of bread. |
| 1 cup flour. | 1 egg. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{3}{4}$ cup milk. |
| 2 teaspoons olive oil. | 1 teaspoon baking powder. |

Pour the coffee over the bread and allow it to soak for 10 minutes. Make a batter by mixing the flour, egg, salt, milk, and oil thoroughly. Beat until smooth and glossy. Allow to stand in a cool place for 1 hour, then add the baking powder. Dip the bread in this batter, and fry in hot fat till a golden color. Drain, and dredge with sugar. Serve hot.

COFFEE JELLY.

- | | |
|---------------------------------|--------------------------|
| 3 tablespoons gelatin. | $\frac{3}{4}$ cup sugar. |
| 2 cups water. | 3 cups strong coffee. |
| $\frac{3}{2}$ teaspoon vanilla. | |

Mix gelatin, sugar, and water, place over fire until dissolved, then add coffee and vanilla. Pour into a wet ring mould and set in a cool place to become firm. Serve with whipped and sweetened cream in the centre.

RICE WITH RAISINS.

- | | |
|----------------|-----------------|
| Cooked rice. | Cooked raisins. |
| Yolk of 1 egg. | A little sugar. |

Rub the cooked rice and raisins through a sieve, add the egg yolk and sugar. Thin with a little water and lemon juice, then cook a few minutes. Serve either hot or cold.

SANDWICHES.

These are useful for lunch or supper and afford an opportunity of using up many scraps. They may be made of white or brown bread, cut in fingers, rounds, crescents or triangles, or small finger rolls. The savoury sandwiches should always be salted.

SAVOURY FILLINGS.

1. Grated cheese—with or without chopped cress.
2. Chopped cress or watercress—with or without anchovy paste.
3. Hard-boiled egg, sliced—with or without chopped cress.
4. Lettuce—with or without grated cheese or cream cheese.
5. Cucumbers, thinly sliced.
6. Chopped nuts—walnuts, almonds, brazils, etc.
7. Tomatoes, thinly sliced—with or without salad dressing.
8. Potted meat or fish.
9. Sardines, skinned, boned, and mashed with a little vinegar.
10. Sausages (cooked and thinly sliced)—with or without sauce or pickles.
11. Chopped capers or pickles with grated cheese.
12. Chopped hard-boiled eggs with anchovy paste.

SWEET FILLINGS.

1. Jam or jelly of any sort.
2. Brown sugar—with or without currants.
3. Grated chocolate.
4. Thinly sliced bananas.
5. Bananas and jam.
6. Bananas and grated nuts.
7. Dates, pounded or sliced.
8. Lemon curd.
9. Honey and chopped almonds.
10. Preserved ginger, sliced thin.
11. Figs pulled right in two.
12. Sliced pineapple.

Blind with eczema—Zam-Buk cured! Page 5.

Announcement TO ALL WHO SUFFER FROM PILES

NOTHING will end the dull, dragging pain of piles like Zam-Buk. The rich herbal essences, of which Zam-Buk is composed, quickly relieve the irritation, and in a short time a permanent cure is effected. Read the letters below from a few of the people who have proved to their satisfaction that Zam-Buk will cure piles. Some of these suffered for years and spent hundreds of dollars in experimenting with useless remedies. Why not benefit by their experience? Try Zam-Buk first.

Mrs. C. Hanson, Poplar, B.C., says: "I suffered for years with bleeding piles. The pain was often so bad I could hardly walk. I tried remedy after remedy, and finally underwent an operation, but only got temporary relief. At last I tried Zam-Buk. Perseverance with this completely cured me, and there has been no return of the trouble."

Mr. W. J. Donovan, of New Edinburgh, Ont., writes: "For two years I suffered with bleeding piles. The pain was most intense. I tried one and then another of the so-called remedies, but without effect. At last I decided to try Zam-Buk. This gave quick relief from the dull, gnawing pain, and perseverance with Zam-Buk entirely cured me."

Mr. J. McEwen, of Dundas, Ont., writes: "For fifteen years I suffered with piles, and could get no permanent cure until I tried Zam-Buk. After having given Zam-Buk a fair trial I found I was getting better, and in the end it cured me completely."

Mr. Jas. Ruddy, of Killaloe, Ont., says: "I suffered greatly from piles. The pain from these, as anyone who suffers from them will know, was at times almost unbearable. I tried first one remedy and then another, but all without effect. The piles still continued as bad as ever. I heard about Zam-Buk and commenced with the treatment. To my great joy, after perseverance, I obtained relief from the agonizing pain of the piles. Having been cured by Zam-Buk, I heartily recommend the balm to all sufferers from piles."

Mr. Henry Fougere, of Poulamond, N.S., writes: "I suffered terribly with piles, and could find nothing that gave me relief until I tried Zam-Buk. After a course of treatment with Zam-Buk I am completely cured. I consider Zam-Buk the finest salve on the market."

Mr. Thomas Pearson, of Prince Albert, Sask., writes: "Three or four boxes of Zam-Buk cured me of piles."

Have you chilblains? See page 21.

Recipes—Continued from Page 24.

SOME ECONOMICAL CAKES.

MILKLESS, BUTTERLESS, EGGLESS CAKE.

- | | |
|--------------------|-----------------------------|
| 1 cup brown sugar. | 2 cups seeded raisins. |
| 1 cup water. | 1/3 cup lard. |
| 1/4 nutmeg grated. | 1 teaspoon cinnamon. |
| 1 teaspoon salt. | 1 teaspoon soda. |
| 2 cups flour. | 1/2 teaspoon baking powder. |

Boil for three minutes the sugar, raisins, water, lard, nutmeg, cinnamon, and salt. Let cool and add the soda dissolved in a little hot water, then the flour sifted with the baking powder. Bake in a loaf. This cake improves with age.

HONEY CAKE.

- | | |
|----------------------------|-----------------------------|
| 1 1/2 cups strained honey. | 1/2 cup sugar. |
| 1 tablespoon shortening. | 1 teaspoon ground cinnamon. |
| 1/2 teaspoon salt. | 1 cup boiling water. |
| 1 teaspoon soda. | 2 1/2 cups flour. |

Beat thoroughly the honey, sugar, shortening, cinnamon, salt, and water. When cool add the soda dissolved in two tablespoons warm water. Beat well, then add the flour. Turn into a greased pan and bake in a moderate oven. When done, ice with plain white icing if desired.

EGGLESS MUFFINS.

- | | |
|----------------------------|---------------------------|
| 2 cups flour. | 2 tablespoons sugar. |
| 1 cup milk. | 1 teaspoon salt. |
| 4 teaspoons baking powder. | 2 tablespoons shortening. |

Mix and sift dry materials. Add milk, stirring until all lumps are out. Beat well and bake in greased muffin tins in a hot oven from 20 to 25 minutes.

SOFT MOLASSES COOKIES.

- | | |
|---------------------|---------------------------|
| 1 cup molasses. | 1/2 cup shortening. |
| 2 teaspoons soda. | 1 teaspoon salt. |
| 1 cup brown sugar. | Flour enough to roll out. |
| Flavoring to taste. | |

Rub smooth the sugar, molasses and shortening; add the soda dissolved in one cup of boiling water, then add salt and flavoring. Mix well; add the sifted flour, roll out, cut, and bake in a hot oven from twelve to fifteen minutes.

TEA BISCUITS.

- | | |
|-------------------------------|-----------------------------|
| 1 cup pastry flour. | 1 tablespoon baking powder. |
| 1/2 teaspoon salt. | A little sugar. |
| 1 1/2 tablespoons shortening. | 1/2 cup butter. |

Mix the dry ingredients, and add water, and stir a little. Place on board and mould with hands quickly. Bake in hot oven.

ROCK BUNS.

- | | |
|----------------|---------------------------|
| 1/2 lb. flour. | 1 teaspoon baking powder. |
| 2 oz. butter. | 1 oz. candied peel. |
| 1 egg. | 2 oz. currants. |
| 2 oz. sugar. | Sour milk. |

Sift the flour and baking powder; rub in the butter, add the cleaned currants, the crushed sugar, the peel cut in small squares, a pinch of salt, a pinch of spice (if liked). Add the beaten egg, and mix all to a stiff dough, adding a little sour milk as required. Butter a flat tin, take out small pieces of the dough with a teaspoon and place them on the tin, leaving room for rising. Bake quickly in a hot oven.

SEED BUNS.—Substitute 1/2 oz. caraway seeds for the fruit.

COCOANUT BUNS.—Substitute 4 oz. cocoanut for the fruit and flavor with a few drops of almond essence.

POP-OVERS.

- | | |
|--------------------|--------------|
| 1/4 teaspoon salt. | 1 cup flour. |
| 1 cup milk. | 1 egg. |

Sift the flour and salt. Beat the egg and add the milk. Stir this gradually into the flour to make a smooth batter. Beat with an egg beater until full of air bubbles. Fill hot greased gem pans two-thirds full. Bake in a quick oven till brown and popped over. Serve hot with butter, as breakfast muffins. By adding 1/2 teaspoon butter and 1 tablespoon sugar, and a sprinkle of grated nutmeg, the popovers are eaten as sweetened tea muffins. When they puff up, a hollow space is usually left in the centre. This may be filled with a thickened custard, and they will make very good cream puffs.

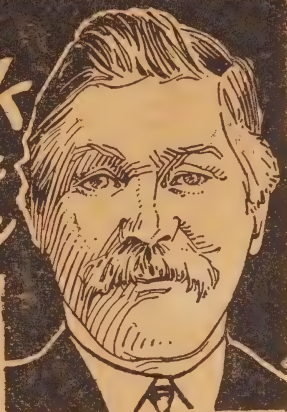
CREAM LAYER CAKE.

- | | |
|-----------------------|----------------------------|
| 1 cup sugar. | 1 cup milk. |
| 2 cups flour. | 4 teaspoons baking powder. |
| 1 egg. | 2 tablespoons shortening. |
| 1 teaspoon flavoring. | |

Cream sugar and shortening together, mix in the egg. After sifting the flour and baking powder together two or three times, add it all to the mixture. Gradually add the milk and beat to a smooth batter. Add flavoring. Pour into greased cake tins and bake in a moderately hot oven for 20 minutes.

Zam-Buk is best for children. Page 11.

How Zam-Buk Saved me a lot of money



FOR the benefit of others who may be similarly situated, Mr. R. Howard, Sr., of Bracebridge, Ont., requests that we publish the following narrative. He says: "If people only knew the great healing power of Zam-Buk, they could be saved much unnecessary suffering and expense." He continues:

"Four years ago I sustained a scratch on my leg, which turned to an ulcer. I was confined to my bed for six months under doctors' treatment, during which time I did not earn a cent, and, in addition, spent dollars upon dollars before a cure was effected.

"Recently I sustained a scratch on my other leg. It became very inflamed and swollen, and finally turned to an ulcer. This time I knew about Zam-Buk, and I acted very differently from what I did in the previous instance. I used Zam-Buk alone, with the result that not only was the ulcer healed in much shorter time than the previous one, but I was able to go to my work all the time it was healing, so that I did not lose a day's pay. Zam-Buk is certainly a marvellous remedy, and everyone should know of it."

HAVE YOU TRIED PEPS?

The New Home Treatment for Coughs, Colds, Etc.

"PEPS" is the name given to a small tablet, which has been compounded to treat colds and coughs—from that nasty, tickling night cough, to that serious and distressing attack—in an entirely new and more satisfactory manner. To treat chest ailments direct. To go right to their cause! Not to go round by the stomach!

PEPS contain certain medicinal ingredients, which, when placed upon the tongue, immediately turn into vapor, and are at once BREATHED down the air passages to the lungs. On their journey they soothe the inflamed and irritated membranes of the bronchial tubes, the delicate walls of the air passages, and finally enter and carry relief and healing to the capillaries and tiny air sacs in the lungs.

In a word, while no liquid or solid can get to the lungs and air passages, these PEPS fumes get there DIRECT.

The Proprietors of Zam-Buk are also the proprietors of PEPS. Write for free sample package, mentioning this book, and sending 1c stamp to pay return postage. Address PEPS Co., Toronto, Montreal, or Winnipeg.

All who suffer from piles see page 25.

Recipes—Continued from Page 26.

GINGER COOKIES.

- | | |
|---------------------|--------------------|
| 1 egg. | 1 cup white sugar. |
| 1 cup butter. | 1 cup sour cream. |
| 1 cup molasses. | 2 teaspoons soda. |
| 2 teaspoons ginger. | Flour. |

Mix the above, adding enough flour to make dough stiff enough to roll out. Cut in the desired shapes and bake in a medium oven.

MILK ROLLS.

- | | |
|--------------------------|---------------------------|
| $\frac{1}{2}$ lb. flour. | 1 oz. butter. |
| Pinch of salt. | 1 teaspoon baking powder. |
| 1 cup cold milk. | |

Mix sifted flour, baking powder and salt. Rub in butter, mix with milk. Make quickly into rolls, and bake at once. Brush over with milk when half baked.

OATMEAL COOKIES.

- | | |
|---------------------|------------------------------|
| 3 cups rolled oats. | $\frac{1}{2}$ teaspoon salt. |
| 2 cups flour. | $\frac{1}{2}$ cup lard. |
| 1 teaspoon soda. | $\frac{1}{2}$ cup hot water. |
| 1 cup brown sugar. | $\frac{1}{2}$ cup butter. |

Dissolve the soda in the hot water, mix with the other ingredients. Roll thin, cut, and bake in a quick oven. The cookies may be put together with jelly or jam.

EGGLESS GINGERBREAD.

- | | |
|--------------------------------|------------------------------|
| $\frac{1}{2}$ cup brown sugar. | 1 cup apple jelly. |
| $\frac{1}{3}$ cup butter. | $\frac{3}{4}$ cup sour milk. |
| $2\frac{1}{2}$ cups flour. | 1 tablespoon ground ginger. |
| 1 teaspoon cinnamon. | 1 heaping teaspoon soda. |
| $\frac{1}{2}$ teaspoon salt. | |

Warm the sugar, jelly, and butter together. Remove from the fire and add the milk, sifted flour, the ginger, cinnamon, salt, and soda dissolved in a little hot water. Mix. Pour into a buttered tin and bake in a moderate oven 40 minutes.

APPLE SAUCE CAKE.

- | | |
|-------------------------------|----------------------|
| 1 cup unsweetened applesauce. | 1 teaspoon water. |
| 4 tablespoons shortening. | 1 teaspoon cinnamon. |
| 1 cup sugar. | A little nutmeg. |
| 1 teaspoon baking soda. | 2 cups flour. |

Cream sugar and shortening, add the apple sauce to which has been added the soda dissolved in a little hot water. Add flour, cinnamon, and nutmeg. Bake in two tins in a moderate oven 20 minutes. Put layers together with apple jelly.

CRANFORD CAKE.

- | | |
|--------------------------|---|
| $\frac{1}{4}$ cup cocoa. | $\frac{1}{4}$ cup butter or other shortening. |
| 1 cup sugar. | $\frac{1}{4}$ cup sour milk. |
| 1 egg. | $\frac{1}{2}$ cup boiling water. |
| 1 cup flour. | $\frac{3}{4}$ teaspoon soda. |

Beat thoroughly the cocoa, butter, and boiling water. Add sugar, flour, soda dissolved in sour milk, and egg well beaten. Beat until the mixture begins to thicken. Pour into buttered and floured pans and bake in a moderate oven. Put cakes together and spread top with chocolate frosting.

EGGLESS FRUIT CAKE.

- | | |
|--------------------------------|--------------------------------|
| $1\frac{1}{2}$ cups sugar. | $\frac{1}{2}$ cup butter. |
| $1\frac{1}{2}$ cups sour milk. | 1 cup chopped raisins. |
| 3 cups sifted flour. | 1 teaspoon soda. |
| 1 teaspoon cinnamon. | $\frac{1}{2}$ teaspoon cloves. |
| $\frac{1}{2}$ teaspoon nutmeg. | |

Mix sugar and butter to a cream, add milk, soda, and spices, then add flour, and last the raisins sprinkled with a little of the flour. This keeps them from settling to the bottom of the cake. Bake in a moderate oven.

MANY CAKES AND DESSERTS FROM ONE RECIPE.

- | | |
|--------------------------------------|-------------------------|
| 1 large tablespoonful butter. | $\frac{1}{2}$ cup milk. |
| $1\frac{1}{2}$ cups flour. | 1 cup white sugar. |
| Pinch salt. | 2 eggs. |
| 1 heaping teaspoonful baking powder. | |

Cream butter and sugar thoroughly; stir in whipped eggs, which have been beaten separately; add salt, flour and baking powder, and lastly the milk.

To make a **LOAF CAKE**, a teaspoonful of vanilla may be added; then bake in a loaf and ice with white icing.

To make **PATTY CAKES** add $\frac{1}{2}$ teaspoonful extract of lemon and a grating of nutmeg. Sprinkle with white sugar and bake in patty tins.

For **CHOCOLATE CAKE** add 2 squares of chocolate, which have been melted over the steam of the kettle and a little vanilla. Bake in layers. To ice same use 2 tablespoonfuls of water, 1 teaspoonful of vanilla and sufficient icing sugar to make a paste. Add one-sixth of package of chocolate (or cocoa). Beat well and spread on cake.

Zam-Buk is not an ordinary ointment. Page 16.

A TALK TO MOTHERS ABOUT

ZAM-BUK SOAP



NO skin is so tender as that of a young baby. For baby's bath you must have a soap that is

absolutely pure! A soap that contains no harmful alkali, that will not rob the skin of the oils which keep it soft and pliable, that will stimulate the skin to throw off the waste of the body. Now Zam-Buk Soap does all this and more. Being medicated, it wards off disease, and in cases where diseases or injuries have been sustained, it is a valuable assistant to Zam-Buk in effecting a cure. This is because of the purity and freedom from alkali.

Children, when playing, frequently exchange caps and clothing, and in this way very often contract some distressing humor of the scalp or skin. Zam-Buk Soap, used each morning, will fortify your child against these mishaps. It kills the germs—keeps disease distant.

For shampooing, Zam-Buk Soap is unexcelled. It thoroughly cleanses the scalp and hair without robbing it of the natural oil so essential in keeping the hair soft and in a healthy condition. Try Zam-Buk Soap for your next shampoo; you will be surprised how invigorating it is.

The Opinion of Mothers.

MRS. HUGH McBRIDE, of Emo, Ont., writes: "It gives me great pleasure to testify to the excellence of Zam-Buk Soap. It is the best soap that I have ever used for scalp disease, chapped hands, and skin trouble. I cannot speak too highly of it, and would not be without it."

MRS. LYNE, of 36 Arundel St., Toronto, Ont., writes: "I have tried Zam-Buk Soap, and like it so much that I intend to always use it. It suits my skin better than any soap I have tried."

A Prominent Lawyer Praises Zam-Buk Soap.

M. R. G. M. VANCE, K.C., of Shelburne, Ont., writes: "I have no hesitation in recommending Zam-Buk Soap. It seems to be just as good to the last small piece."

To Obtain a Free Tablet.

TEST Zam-Buk Soap at our expense. Send a 2c stamp (to pay return postage) and we will send you a trial tablet of Zam-Buk Soap. Address Dept. S, Zam-Buk Co., Toronto. Zam-Buk Soap is obtainable from all druggists and stores at 25c tablet, 3 for 70c.

If you have boils see page 23.

Recipes—Continued from Page 28.

For **ORANGE CAKE** add the grating of half an orange and bake in a shallow pan. Ice with orange icing made by mixing the juice of $\frac{1}{2}$ an orange with icing sugar.

This recipe can also be converted into a **FRUIT CAKE** by adding nuts and fruits. If a darker cake is required use brown sugar instead of white.

GINGERBREAD can also be made from this recipe by substituting molasses for milk, soda for baking powder and flavoring with ginger and spices. This may also be served hot with a lemon sauce as a **PUDDING**. To make the sauce mix 1 teaspoonful cornstarch with $\frac{1}{2}$ cup of sugar. Add 1 cup of boiling water and $\frac{1}{2}$ grated rind and juice of a lemon. Cook 8 minutes and just before serving add 1 teaspoonful of butter.

SMALL CAKES can be made by cutting thin slices from the loaf cake, spreading on jelly and placing another slice on top. Ice with orange icing.

For a **DESSERT** bake the cake in a round pan. When cool, cut off the top and scoop out the centre, leaving a wall half an inch thick. Fill the cake with whipped cream or any kind of fruit. Replace the top and serve with powdered sugar. The centre can be toasted and served with boiled custard.

A FEW HINTS ON ECONOMY.

Scraps of cooked meat, ham and bacon can be converted into potted meat. To do this pass three times through a mincer, pound to a paste, flavor with sauce or salt, pepper, allspice, and powdered cloves, and press firmly into a jar.

A boiled egg that has been left over can be warmed up without hardening, or it may be boiled hard and used in sauce or as a garnish for a salad.

A broken egg or part of an egg can be kept for a day without hardening, if covered with wet tissue paper. It can then be used for sauce, or salad dressing, or for brushing over.

The end of a rice or other milk pudding will make up into small creams by folding same into whipped cream.

Stale cake or biscuits can always be made into a tasty dish with custard and jam.

The water in which fish, meat or vegetables have been boiled contains a great deal of nourishment, and can be converted into clear soup by adding a little beef extract, or a white soup by the addition of vegetables and milk.

Sour milk can always be used in the mixing of cakes, and it makes them lighter than sweet-milk.

Bits of stale bread can be fried and served with bacon; or they may be cut into dice and browned for serving with soup or stew. Stale bread can also be utilized for the making of bread puddings or can be crisped in the oven and then ground and crushed to be used for fried articles.

A stale loaf can be made fresh by soaking for two or three minutes in scalding water and then placing in a hot oven for one hour.

Bacon drippings may be used in place of butter in many cases. It adds to the flavor.

Vegetables that have been left over, such as turnips, carrots, onions and potatoes can be added to a meat pie.

HANDY WEIGHTS AND MEASURES.

- 4 cups flour equal 1 pound or 1 quart.
- 2 tablespoons flour equal 1 ounce.
- 1 tablespoon butter equals 1 ounce.
- 1 cup butter equals $\frac{1}{2}$ pound.
- 1 pint butter equals 1 pound.
- 10 eggs equal 1 pound.
- 2 cups granulated sugar equal 1 pound.
- 2 $\frac{1}{2}$ cups powdered sugar equal 1 pound.
- 2 teaspoons liquid equal 1 tablespoon.
- 4 tablespoons equal 1 wine glass or $\frac{1}{2}$ gill.
- 2 wineglasses equal 1 gill or $\frac{1}{2}$ cup.
- 2 gills equal 1 cup or $\frac{1}{2}$ pint.
- 2 cups equal 1 pint.
- 2 pints equal 1 quart.
- 4 quarts equal 1 gallon.
- 1 pint liquid equals 1 pound.
- 1 cup cornmeal equals 5 ounces.
- 1 cup equals 16 tablespoons of dry material, or 12 tablespoons liquid.
- 2 tablespoons equal 1 ounce.
- 3 teaspoons dry material equal 1 tablespoon.
- 4 teaspoons liquid equal 1 tablespoon.
- Butter size of an egg equals 1 ounce.

Zam-Buk is economical. See page 15.

Do you understand

why you should use Zam-Buk in preference to ordinary ointment?

1st. Because Zam-Buk has superior soothing and healing power. This is due to its composition. Zam-Buk is composed exclusively of herbal extracts and vegetable oils and is 100% medicine.

2nd. Because Zam-Buk cures are permanent. This is owing to the fact that the oils and extracts of which Zam-Buk is composed are so blended and refined that its power of penetration is extraordinary. While ordinary ointment remains on the surface skin, Zam-Buk literally soaks through to the underlying tissues, which is where skin diseases have their roots. In this way, only, can a permanent cure be effected.

3rd. Because Zam-Buk is a powerful germ-destroyer. This prevents any danger from festering or blood-poisoning.

4th. Because Zam-Buk is pure. Its purity is due to its herbal composition, and this particularly commends Zam-Buk to mothers, as it agrees with the tenderest skin—even the skin of a baby.

5th. Because Zam-Buk is economical. Owing to its freedom from animal fat, Zam-Buk cannot become rancid. It is, therefore, just as good to the last application.

CLERGYMAN SAYS

“Zam-Buk Always Gives Satisfaction.”

“We have used Zam-Buk in our own home, and I have frequently recommended it to my parishioners, and can truthfully say that I have never known of a case where this balm failed to give satisfaction,” writes Rev. J. Munton, of Blackfolds, Alta.

He continues: “There is one cure in particular that I think you should know of. That is the case of my wife, who had suffered for a considerable time with a very sore foot, and nothing seemed capable of healing it permanently. The various remedies we tried would heal it up to a certain point, and then it would begin to fester again. This continued until we commenced using Zam-Buk, which acted in quite a different way. It first drew out all the inflammation and soreness and cleansed the sore. Then healing commenced, and it was not long before the sore was completely healed, and my wife has had no trouble with it since.”

ZAM-BUK CURED IN TWO MONTHS

After Two Years’ Useless Treatment.

Mr. Earle Gardiner, of Marquis, Sask., writes: “For two years I suffered with a bad attack of salt rheum on my feet. During those two years I tried every known remedy, but found nothing that could cure the disease. Then I commenced using Zam-Buk, and very soon noticed an improvement. This encouraged me to continue, and although I had suffered for two years, after only two months’ treatment with Zam-Buk, I am completely cured.”

“Incurable” case cured by Zam-Buk. Page 5.

ZAM-BUK

FREE BOX

THE proprietors of Zam-Buk are so confident once you give Zam-Buk a trial you will continue its use, that they will send a free trial box to all who write, mentioning this book, and send a 1c stamp for return postage. Address Zam-Buk Co., Toronto, Montreal, or Winnipeg.

Do You Suffer With Rheumatism?

If you are a sufferer from rheumatism, try Zam-Buk. It has brought relief to others, and why not you? Mr. Max Stanley, 506 City Hall Ave., Montreal, writes: "I was suffering with rheumatism, and was receiving medical attention, but there seemed no improvement until I tried Zam-Buk. Thanks to Zam-Buk, I am now completely cured and have had no return of the trouble."

Mr. William Steel, of Valleyfield, Que., writes: "I find that for rheumatism Zam-Buk gives more relief than plasters."

Mr. Lawrence Cameron, of Richmond, P.E.I., writes: "I don't think there is any ointment in the world that can equal Zam-Buk. I was a great sufferer from sore and crippled back, but after persevering with Zam-Buk I am completely cured."

YOU WILL WANT ONE

of our pictures of Sir Douglas Haig, who is commander of the troops in France with which your own relations and friends are fighting.

The picture is 9 1/4 x 12 inches, black and white, and is suitable for framing. You can obtain one by writing us, or sending this coupon with your name and address (and 5c to cover postage, cost of packing, etc.) to C. E. Fulford, Ltd., Dupont St., Toronto; 304 Canada Block, Winnipeg, or Read Bldg., Montreal.

The supply is limited, so do not delay.

Kindly send picture of Sir Douglas Haig, Commander-in-Chief of the British Forces in France, to

Name

Address

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Enclosed find 5c for postage, packing, etc.

ALWAYS GET ZAM-BUK IN THIS PACKAGE!

A WARNING.



Genuine Package Printed in Green Ink

Get the real thing. The name Zam-Buk is protected by law and is shown in clear letters on every package. If it isn't there, it isn't Zam-Buk, and in your own interests refuse to have anything but the real thing!

USE ZAM-BUK FOR

CUTS,
BRUISES,
BURNS,
SCALDS,

CHAPPED HANDS,
COLD SORES,
CHILBLAINS,
BOILS, ULCERS,
ECZEMA, PIMPLES,
RUNNING SORES,
SCALP IRRITATION,
FESTERING SORES,
POISONED WOUNDS,

LACERATED
WOUNDS,

ABRASIONS,
CHAFINGS,

ITCH,
SORES,
CRAMPS,
STIFF JOINTS,
SORE THROAT,
BAD CHEST,
SORE, ACHING FEET,
SOFT CORNS,
SPRAINS,

RINGWORM,
STIFFNESS,
PILES

(Blind and Bleeding)

BAD LEG,
SWOLLEN KNEES,
WEAK ANKLES,
INFLAMED PATCHES,
ABSCESES,
INSECT STINGS,
RHEUMATISM,
NEURALGIA, TIC,
SCIATICA.

And all diseased, injured and irritated conditions of the skin.

PRICE { 50c Per BOX.
3 BOXES for \$1.25.

Obtainable from all Druggists, and General Stores, or post free, upon receipt of price, from

THE ZAM-BUK CO.,

Dupont Street, Toronto, Ont.

RESIDENTS IN NEWFOUNDLAND should send all orders and applications for samples to Zam-Buk Co., Water St., St. Johns.

(Printed and Published for C. E. Fulford, Limited)



**TRY THAT
JUST ONCE!**

If you have any sore place—ulcer, eczema, burn, cut or cold sore, be well advised! Try Zam-Buk.

Druggists sell more Zam-Buk than any other salve.

Their profit on it is no greater than on others—is less than on many. Do you think Zam-Buk would be so much more widely used than any other salve if it were not so much better?

Sentiment and advertising might make first sales, but only QUALITY can produce repeat orders.

More and more Zam-Buk is being sold every month, because the quality is there.

How about the children's sores and skin troubles? Don't you think they deserve the best remedy you can get?

That's Zam-Buk.

THE WORLD'S GREAT HEALER.